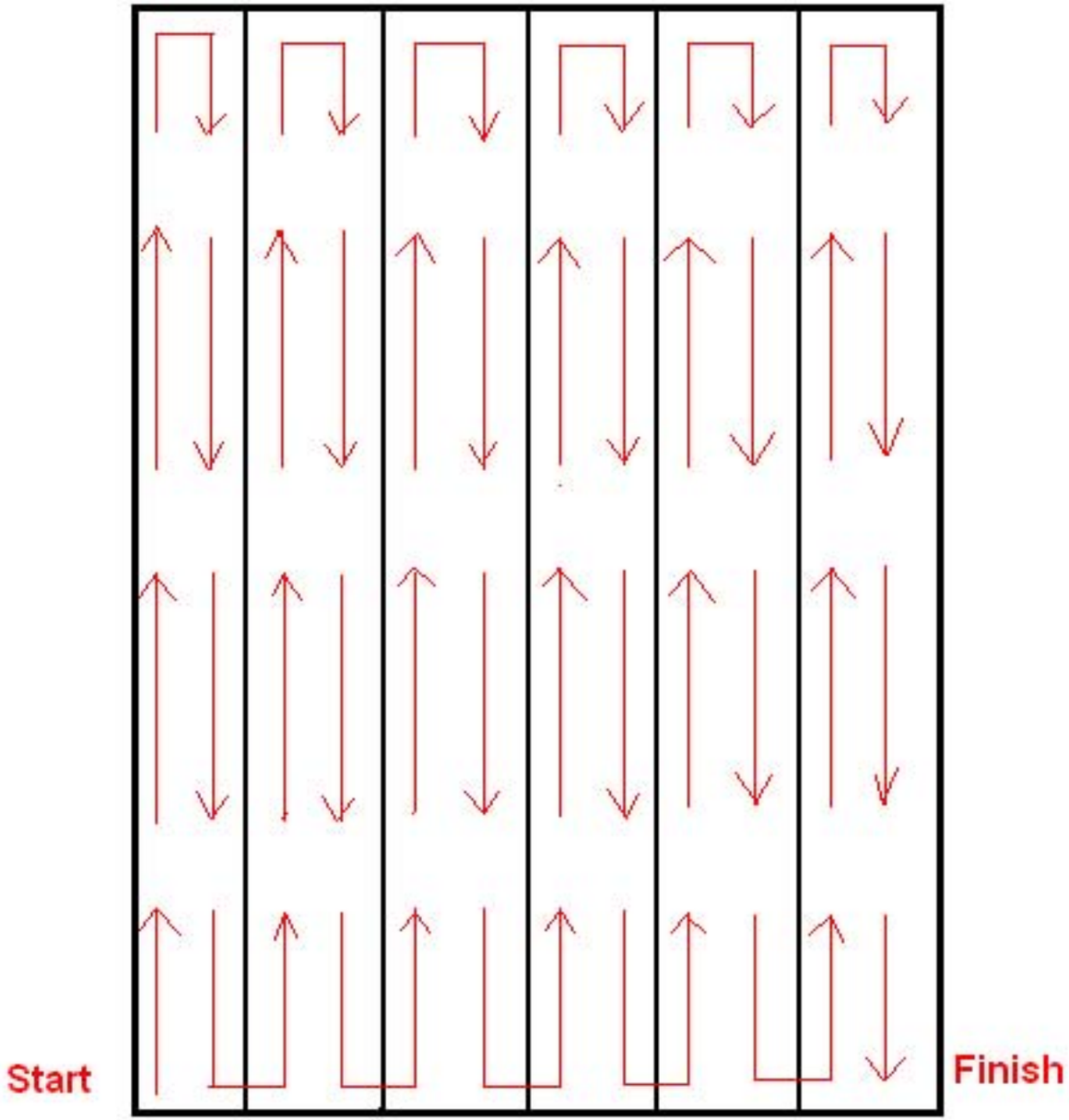
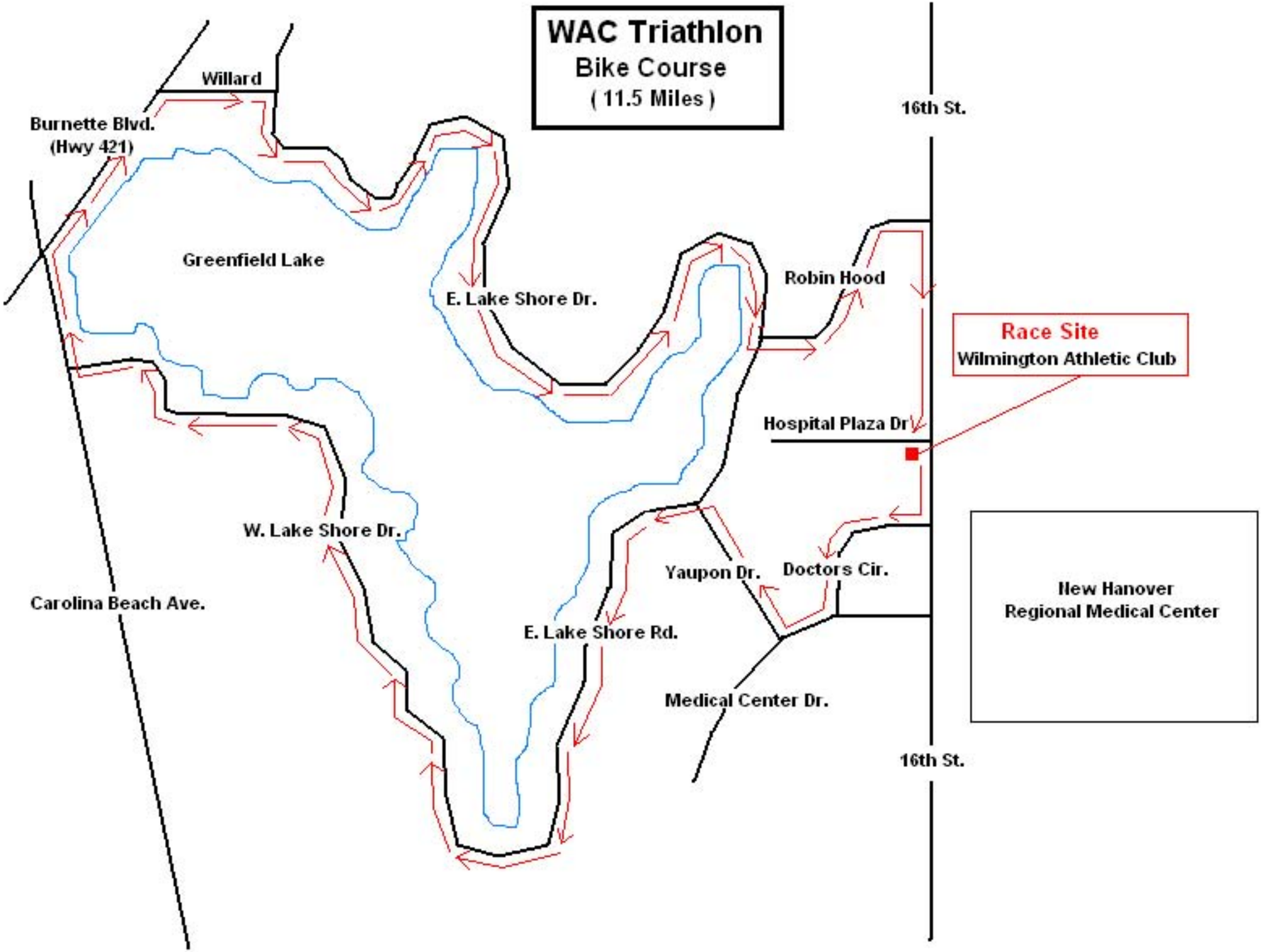
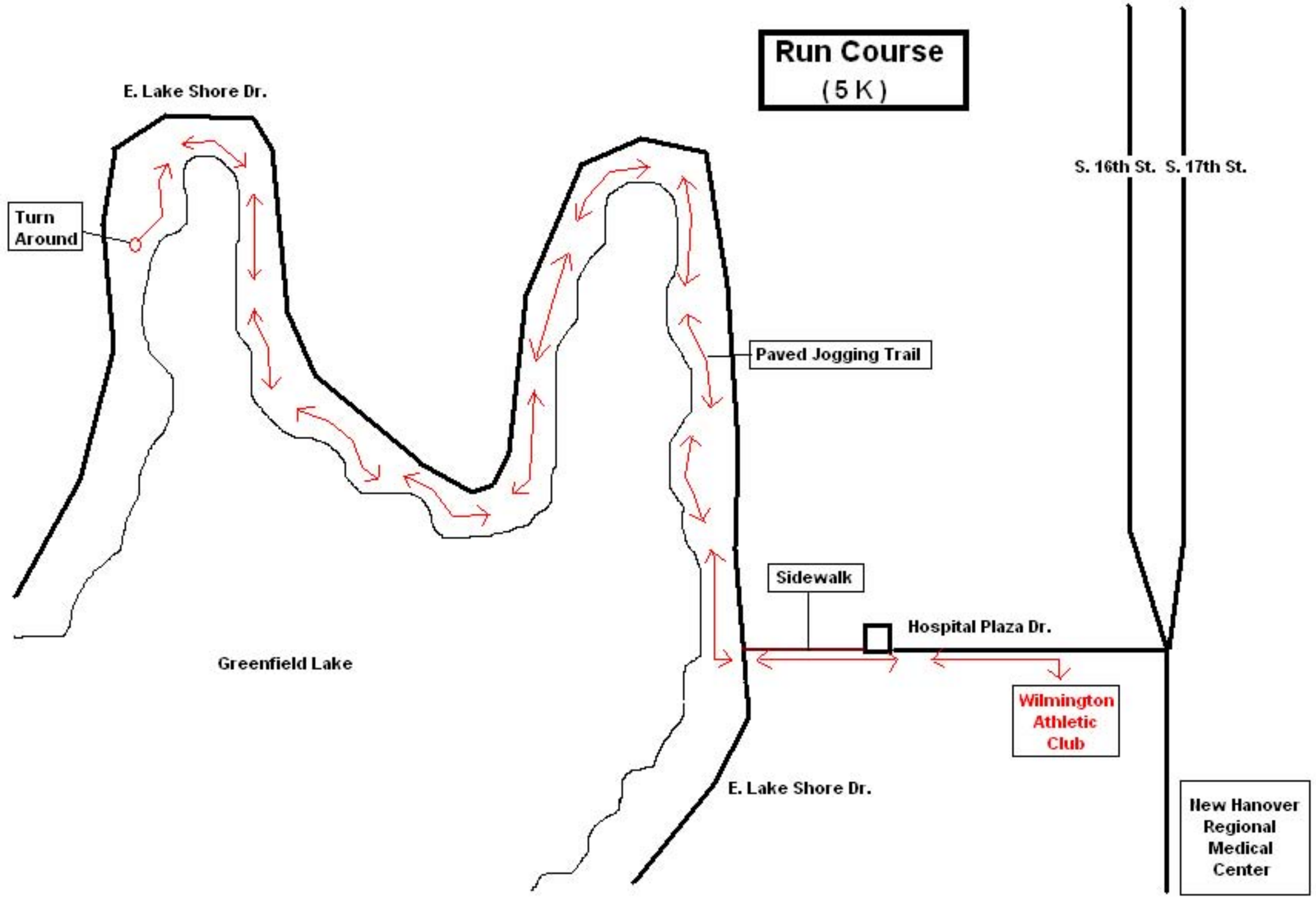
Swim Course
(300 Yards)




WAC Triathlon
Bike Course
(11.5 Miles)
Willard
Burnette Blvd.
(Hwy 421)
16th St.
Greenfield Lake
E. Lake Shore Dr.
Robin Hood
Race Site
Wilmington Athletic Club
Hospital Plaza Dr
W. Lake Shore Dr.
Yaupon Dr.
Doctors Cir.
New Hanover
Regional Medical Center
Carolina Beach Ave.
E. Lake Shore Rd.
Medical Center Dr.
16th St.


Run Course
(5 K)
E. Lake Shore Dr.
Turn Around
Paved Jogging Trail
S. 16th St.
S. 17th St.
Sidewalk
Hospital Plaza Dr.
Greenfield Lake
Wilmington Athletic Club
E. Lake Shore Dr.
New Hanover Regional Medical Center